

## Living Wall at Josiah Quincy Elementary School



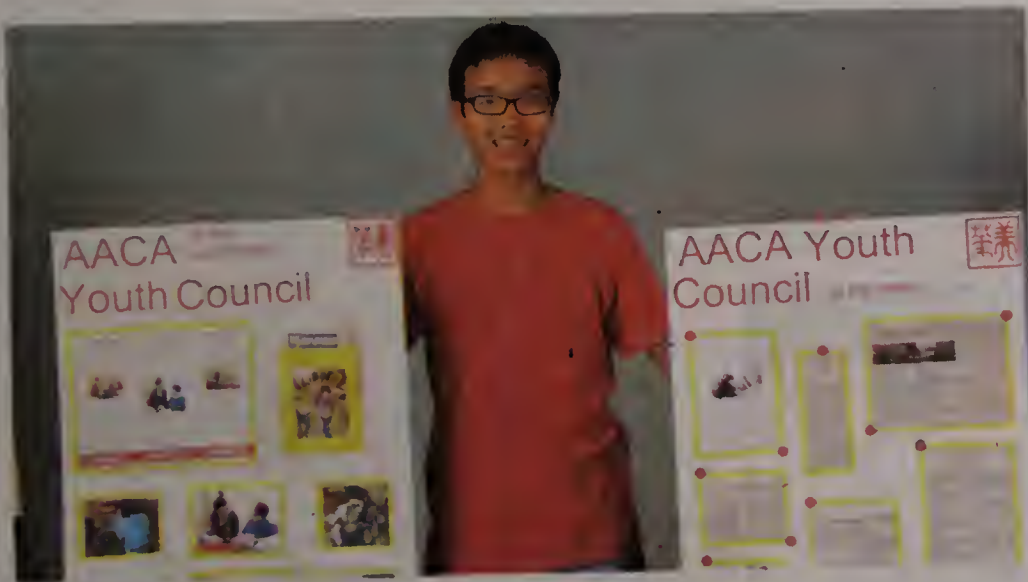
Josiah Quincy Elementary School (JQES) hosted an opening ceremony of its "living wall" schoolyard beautification project on Tuesday, June 12 from 1-2pm at the school. The "living wall" is a vertical garden installed on the Oak Street side of the

school building, surrounded by recycled benches for public use. The living wall will serve as the anchor for an environmental project to support existing earth science curriculum objectives for JQES students.



## CHINATOWN NEWS

## AACA Youth Group Presents at Youth Civic Showcase



Social Capital Inc. (SCI) Americorps held the Youth Civic Showcase at the Boys and Girls Club of Woburn, MA on the evening of June 4th. David Crowley, SCI Americorps Executive Director, kicked off the event by introducing the different Youth Council groups and by commenting on the importance of collaboration and community service among youth initiatives.

"The SCI Americorps Youth Civic Showcase gave me an opportunity to present the work that the AACA Youth Council has done. But more importantly, it allowed me to see the work that other youth councils through Massachusetts have done, too," said Eugene Szeto, Co-chair of the Youth Council at the Asian American Civic Association.

## 青少年公民展演

6月4日晚，社會資本公司 (Social Capital Inc.) 美國軍團在沃本Boys and Girls俱樂部舉行了青少年公民展演。SCI美國軍團執行主任大衛·克勞利 (David Crowley) 作了開幕講話。他介紹了不同的青少年理事會團體，強調了青少年團體之間的協作和社區服務的重要性。

"SCI美國軍團青少年公民展演給了我一個機會，讓我介紹了AACA青少年理事會所做的工作。但更重要的是，它讓我看到了馬薩諸塞州其他青少年理事會所做的工作。" AACA青少年理事會聯席主席Eugene Szeto 道。

下午6:30到8:30，來自林恩，多切斯特，福爾里弗，沃本和波士頓華埠的青少年理事會領導人們聚集在一起，討論他們參與的公民活動。這是一個極好的機會，青少年領袖們分享了他們在各自社區的參與與公民活動的經歷。

第一版

## DIABETES SPECIAL EDITION

A diagnosis of prediabetes can be a life changing and anxiety-building thing. However, research has shown that despite the increase in chance of developing type-2 diabetes, prediabetes can be controlled and even reversed with proper management, exercise and nutrition. In this special diabetes edition of the Sampan Newspaper, we'll look at what prediabetes is, and how it is diagnosed. We'll also highlight different types of exercises you can perform if you are diagnosed with prediabetes. The exercises are useful for anyone, too, whether you have prediabetes or not! Lastly, we'll give you different stretching techniques that you can try, so as to not hurt yourself while exercising.

In this special diabetes edition of the Sampan Newspaper, our health section is divided into the following exciting and informative categories:

### What is Prediabetes?

Page 3

### The Importance of Exercise (and types of exercises)

Page 5

### 10 Reasons Why You Should Be Active

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## HIGHLIGHTS

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Diabetes Special:  
The Importance of Exercise  
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MBTA 服務和收費變更  
2012年7月1日起正式生效  
第三版



## COLUMN

**“GET REAL!” with Mildred Wong**

Drama-Free Real Estate Advice

**‘SUMMER SERIES’ KICKOFF: BROOKLINE**

This Summer “GET REAL!” with Mildred Wong will be exploring the housing market in some of Boston’s most popular neighborhoods. Each article will highlight its local lifestyle, housing types, buying versus renting, and strength of property investment.

**THUMBS UP:** The biggest pro to living in Brookline is that the neighborhood has loads of charm. Small apartment buildings and spaced houses give a pleasant suburban feel, with tree-lined streets, walking distance to stores and restaurants, and excellent connections to downtown.

**THUMBS DOWN:** Brookline is expensive. You need the money to live well. There is also no overnight parking, so there is the added cost for renting a parking space. You can get more space and higher quality units for the same price in surrounding neighborhoods.

Brookline is considered by many to be the ideal blend of urban and suburban living. This popular 6.8 square mile area is located just west of Boston, in close proximity to major universities and hospitals. Brookline is an attractive suburb with a unique mix of busy streets and scenic landscapes. Additionally, there are many parks and playgrounds throughout, and is easily accessible by several branches of the MBTA green line.

This largely residential neighborhood is home to families, professionals, students, and the elderly. Its commercial district includes boutiques, restaurants, spas, and farmer’s markets. These lifestyle amenities, as well as the celebrated public school system and easy access to public transportation, have always upheld a high demand for real estate.

**WHERE THE ACTION IS:** Coolidge Corner - This is the most happening locale, with cool shops, ethnic restaurants, and an independent bookstore and theater. On C Line, Coolidge Corner stop. Brookline Village - A somewhat quieter, historic area with many eateries, and walking distance to the Longwood Medical area. On D Line, Brookline Village stop. Washington Square - It has a calm vibe, but also has the kind of urban density that characterizes much of Brookline, with local stores and popular taverns. On C Line, Washington Square stop.

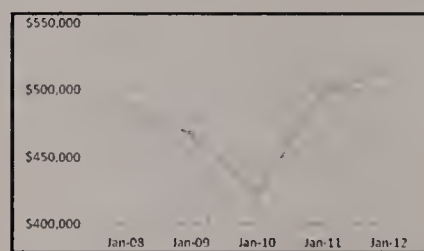
**HOUSING TYPES:** Brookline features a mixture of city atmosphere and country feel, from apartment complexes, to brownstones, single family homes, and large Victorian estates. The condos developed in Brookline’s post-War, brick apartment buildings attract young professionals, and its spacious homes attract the wealthy. 53% of rentals are in brick apartment complexes; 25% in brownstones; and 17% in single family homes, with the majority being 1-bedroom and 2-bedrooms.

**WHAT YOU GET:** The median 2-bedroom home sale price in May was \$475,000 versus the median 2-bedroom rental price of \$2,200. Consider an example: a 2-bedroom condo for \$450,000, with a 20% down payment of \$90,000. At a 4.5% interest rate, the monthly payment will be \$2,311.57. It is slightly more expensive to buy, but remember, you will be able to deduct ALL of the real estate taxes and mortgage interest you paid when you file your tax returns.

	BUYING	MORTGAGE	RENTING
Studio	\$205,000	\$1,053.05	\$1,325
1-Bedroom	\$310,000	\$1,256.58	\$1,695
2-Bedroom	\$450,000	\$2,311.57	\$2,200

**YOUR INVESTMENT:**

Median 2-Bedroom Condo Sales Price



**CALL TO READERS:** Tune in for the next neighborhood in our “Summer Series.” Call or email with questions. Mildred Wong is a Licensed Real Estate Agent at City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralre.com. Follow her on Twitter: @GetRealwMildred.

**No-MI Loan Gives More Flexibility to Massachusetts Homebuyers**

MassHousing has unveiled a new mortgage product that does not require mortgage insurance (MI) but still offers affordable interest rates, low downpayment requirements and local loan servicing.

Like a traditional MassHousing mortgage, the No-MI loan can be used to purchase a 1- to 4-family home, requires a 3% downpayment (5% for 2- to 4-family homes), and may be used for purchase or refinance. And of course, borrowers must be creditworthy and must meet income and loan limit guidelines.

But unlike a traditional MassHousing mortgage, borrowers who make downpayments of less than 20% of the purchase price are not required to have mortgage insurance, though they do pay a higher

interest rate. Still, the savings and the expanded buying power are substantial. Compared to an FHA loan, a family purchasing a \$200,000 home with a \$7,000 downpayment would save \$125 per month and \$45,000 over the life of the loan.

All of this is not to disparage mortgage insurance, which has enabled countless families to purchase a home with low downpayments. And while traditional mortgage insurance protects only the lender in case of default, MassHousing’s traditional mortgage features MI Plus, a unique borrower protection that helps pay the mortgage in cases of job loss. MassHousing will continue to offer borrowers a loan with MI. After all, in addition to the job-loss protection it provides, the lower premiums of MI Plus save a borrower \$71/month (\$25,560 over the life of the loan) compared to FHA.

**SAMPAN**

A Publication of the AACA

[www.sampan.org](http://www.sampan.org)

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[www.QCC.edu](http://www.QCC.edu)**QUINSIGAMOND**

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- **Grant Financial Manager - MACCWDTA**
- **Environmental Project Manager/Engineer - Facilities**

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## DIABETES SPECIAL

Tufts Medical Center

## What is Pre-Diabetes?



Photo by Bodytel via Flickr

Prediabetes is when a person's blood glucose levels are higher than normal but not high enough to be type 2-diabetes. People with prediabetes are more likely to develop type 2 diabetes and may have some problems from diabetes already.

Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during prediabetes. The good news is there are things you can do to prevent or delay the development of type 2 diabetes.

## How to tell if you have prediabetes?

While diabetes and prediabetes occur in people of all ages and races, some groups have a higher risk for developing the disease than others. Diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population. This means they are also at increased risk for developing prediabetes.

There are three different tests your doctor can use to determine whether you have prediabetes:

- The A1C test
- The fasting plasma glucose test (FPG)
- The oral glucose tolerance test (OGTT)

The blood glucose levels measured after these tests determine whether you have a normal metabolism, or whether you have prediabetes or diabetes.

If your blood glucose level is abnormal following the FPG, you have impaired fasting glucose (IFG); if your blood glucose level is abnormal following the OGTT, you have impaired glucose tolerance (IGT). Both are also known as prediabetes.

## What to do if you have prediabetes?

Prediabetes is a serious medical condition that can be treated. The good news is that the recently completed Diabetes Prevention Program (DPP) study conclusively showed that people with prediabetes can prevent the development of type 2-diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.

While the DPP also showed that some medications may delay the development of diabetes, diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with about a 7% reduction in body weight, produced a 58% reduction in diabetes.

Please turn to Page 5 for more Diabetes Information

## BRA

The Boston Redevelopment Authority will host a public meeting regarding

**Parcel 24**

Wednesday, June 27th

6:00-7:30 PM

Old Quincy School,

90 Tyler Street, Boston, MA 02111

Project Proponent: Asian CDC/New Boston Fund

Project Description: The Project has gone through minor modifications to some of the internal programming and amenities space by adding some units and moving the amenities elsewhere within the building. There is also a very minor adjustment in design. This meeting is an informational update meeting.

JOHN FITZGERALD

BOSTON REDEVELOPMENT AUTHORITY  
ONE CITY HALL SQUARE, 9TH FLOOR  
BOSTON, MA 02201

FAX: 617-742-7783

PHONE: 617-918-4267

EMAIL: john.fitzgerald.bra@cityofboston.gov

Brian P. Golden

Executive Director/Secretary

Boston  
Redevelopment  
Authority



City Hall 9th Floor  
1 City Hall Square  
Boston MA 02201  
617 722 4300

## Fitness and Stretching

Stretching is a vital step in ensuring that any working out that you do is safe and useful.

Before you start exercising, it is very important to stretch your muscles effectively. Proper stretching will increase your flexibility and minimize your chances of pulling a muscle.

By following this simple routine, you can become loose and limber in a few minutes. Perform all stretches slowly with controlled movements for 10-20 seconds taking slow deep breaths. Do not bounce or stretch to the point of pain.

**1. Standing Hip Stretch**

Start from a standing position. Take a full step forward with your left foot. Gently bend left knee to lower hips, keeping right heel on ground and right knee straight. Switch and repeat.

**2. Standing Quad Stretch**

While standing, bend your left leg and reach back to grasp you left ankle. Pull you foot toward your buttocks while placing other hand on a bench or chair for support. Switch and repeat.

**3. Standing Wall Pushes**

Stand arms length from a sturdy pole or wall. Place your hands on the wall at shoulder height, bend the elbows, lean in from the ankles, and press your body upright until you feel a slight strain in your legs.

**4. Standing Calf Stretch**

While standing, extend one leg in front of you and place the heel on the floor, toes in the air. Keeping the back straight, bend forward at the hips until you feel the stretch of the calves. Switch and repeat.

Repeat this entire sequence when you finish exercising to prevent undue stiffness and soreness later.



# CLASSIFIEDS

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## MARSHFIELD HOUSING OPPORTUNITY PURCHASE PROGRAM ROUND 7

The Marshfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist them in purchasing an existing market rate home or condominium in Marshfield. A deed restriction will be recorded on each unit purchased with a grant to secure affordability in perpetuity.

### MAXIMUM GRANT AMOUNTS

1 Bedroom	2 Bedroom	3, 4, and 5 Bedrooms
\$45,000	\$60,000	\$80,000

### MAXIMUM HOUSE/CONDOMINIUM AMOUNTS

Bedrooms	Sale Price	Maximum Grant	Net Price After Grant
1 BR Condo	\$180,000	\$45,000	\$135,000
1 BR House	\$212,000	\$45,000	\$167,000
2 BR Condo	\$211,000	\$60,000	\$151,000
2 BR House	\$248,000	\$60,000	\$188,000
3 BR Condo	\$258,000	\$80,000	\$178,000
3 BR House	\$287,000	\$80,000	\$207,000
4 BR House	\$305,000	\$80,000	\$225,000
5 BR House	\$322,000	\$80,000	\$242,000

### MAXIMUM ANNUAL HOUSEHOLD INCOME

1 Person	2 Person	3 Person	4 Person	5 Person	6 Person	7 Person	8+ Persons
\$45,500	\$52,000	\$58,500	\$65,000	\$70,200	\$75,400	\$80,600	\$85,800

Subject to periodic change by the U. S. Department of Housing and Urban Development

Net family assets may not exceed \$75,000.

Households interested in applying should attend one of the two informational sessions being provided. Informational sessions will be held at the following locations:

Thursday, July 19, 2012, 7:00 PM: Seth Ventress Building, 2nd floor, 76 South River Street, Marshfield  
Saturday, July 21, 2012, 10:00 AM: Seth Ventress Building, 2nd floor, 76 South River Street, Marshfield

A lottery will be held on Thursday, August 16, 2012 at 7:00 PM at the Marshfield Town Hall, Hearing Room # 2, to select grant recipients.

Successful grant recipients are required to have at least one family member attend and complete a Homebuyer Education Workshop.

For additional information or to receive an application please contact either the Marshfield Housing Authority (781-834-4333) or the Marshfield Housing Coordinator (781-834-1051). Applications are also available at the Marshfield Town Hall.

All applications must be received and date stamped by the Marshfield Housing Authority no later than 12:00 PM (Noon) on Friday, July 27, 2012.

Marshfield Housing Authority Address: 12 Tea Rock Gardens Marshfield, MA 02050



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This faculty position is full time with a competitive salary and an outstanding state benefit package.

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# DIABETES SPECIAL

## The Importance of Exercise

### Types of Exercise

In order to ensure that you are getting the most out of your exercise routine, your workout should include elements of three types of exercise:

- Aerobic Exercise
- Strength Training
- Flexibility Exercises

You should also look for additional ways to be active throughout the day.

### Aerobic Exercise

Aerobic exercise increases your heart rate, works your muscles, and raises your breathing rate. For most people, it's best to aim for a total of about 30 minutes a day, at least 5 days a week. If you haven't been very active recently, you can start out with 5 or 10 minutes a day. Increase your activity sessions by a few minutes each week. If your schedule doesn't allow for 30 minutes straight of exercise throughout the day, you can break it up into no less than 10-minute spurts to get the same health benefits. For example, you might take a brisk 10-minute walk after each meal.

If you're trying to lose weight, you may want to exercise more than 30 minutes a day. Here are some examples of aerobic exercise:

- Take a brisk walk (outside or inside on a treadmill)
- Go dancing
- Take a low-impact aerobics class
- Swim or do water aerobic exercises
- Try ice-skating or roller-skating

- Play tennis
- Ride your bicycle outside
- Stationary bicycle indoors

### Strength Training

Strength training, done 2-3 times a week, helps build strong bones and muscles. It makes everyday chores like carrying groceries easier for you. With more muscle, you burn more calories, even at rest. Strength training can also help to prevent weight gain. Here are some ways to do it:

- Join a class to do strength training with weights, elastic bands, or plastic tubes
- Lift light weights at home
- Try calisthenics

### Flexibility Exercises

Flexibility exercises, also called stretching, help keep your joints flexible and reduce your chance of injury during other activities. Gentle stretching for 5 to 10 minutes helps your body warm up and get ready for aerobic activities such as walking or swimming. Your health care team can provide information on how to stretch. Improve your flexibility by:

- Taking an aerobics or fitness class that includes stretching
- Doing yoga or Pilates
- Stretching on your own before and after exercising

### Being Active Throughout The Day

In addition to formal exercise, there are many opportunities to be active throughout the day.

Any activity will burn calories. The more you move around, the more energy you'll have. Some ways that you can be more active throughout the day include:

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, rake leaves, or do some housecleaning every day
- Park at the far end of the shopping center lot and walk to the store
- Walk down every aisle of the grocery store
- Walk in place or stretch while you watch TV
- Walk around the house or up and down stairs while you talk on the phone
- Get up from your desk and take a lap around the office once each hour while you are at work



Photo by Andy in NYC via Flickr

## LOOK OUT FOR UPCOMING SAMPAN SPECIAL ISSUES!

The "Green" Issue - 7/20

Obesity Issue - 8/24

August Moon Issue - 9/29

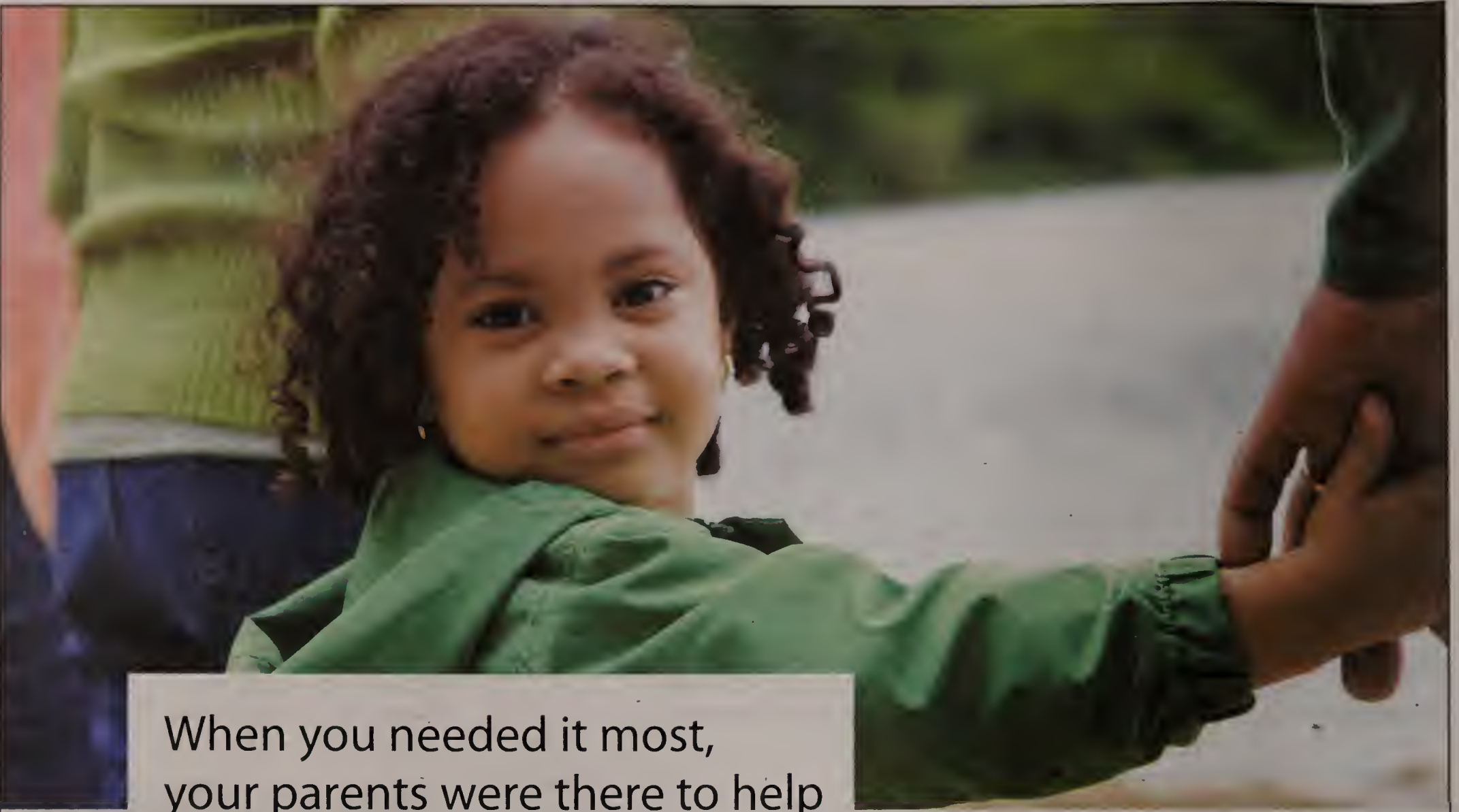
Smoking Issue - 11/9

Real Estate Issue - 11/30

## 10 Reasons Why You Should Be Active

1. **Improve blood glucose management.** Activity makes your body more sensitive to the insulin you make. Activity also burns glucose (calories). Both actions help maintain lower blood glucose levels.
2. **Lower blood pressure.** Activity makes your heart stronger, meaning stronger and slower pumps.
3. **Improve blood fats.** Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes really help promote a healthier heart.
4. **Take less insulin or diabetes pills.** Activity can lower blood glucose and weight. Both of these have the potential to lower how much insulin or diabetes pills you need to take.
5. **Lose weight and keep it off.** Activity burns calories. If you burn enough calories, you'll lose a few pounds. Stay active and you'll keep the weight off.
6. **Lower risk for other health problems.** Activity helps reduce your risk of a heart attack or stroke, some cancers, and bone loss.
7. **Gain more energy and sleep better.** You'll get better sleep in less time and have more energy, too.
8. **Reduce stress, anxiety, and depression.** Working out can help you relieve your daily stress.
9. **Build stronger bones and muscles.** Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or a substitute), make muscles strong.
10. **Become more flexible.** Move easier when you are active.





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# 求真務實！

真正的房產諮詢：Mildred Wong

這裡主要是居民區，很多家庭，專業人士，學生和老人在這裡安家。它的商業中心里有精品店，餐館，美容院和農貿市場。這些生活設施，以及著名的公立學校系統和便捷的公共交通，使得布魯克林的房地產需求一直高居不下。

**主要地段：**Coolidge Corner - 這是最熱鬧的地方，有很多新奇的商店，民族餐廳，一個獨立的書店和劇院。坐綠線C，Coolidge Corner站下。Brookline Village-比較安靜，歷史悠久，有很多餐廳，步行距離到朗伍德醫療區。坐綠線D，Brookline Village站下。Washington Square- 它有一個平靜的氛圍，但是也和布魯克林大部分的地方一樣，有著市區的繁華，有很多當地的小店和受歡迎的小酒館。坐綠線C，Washington Square站下。

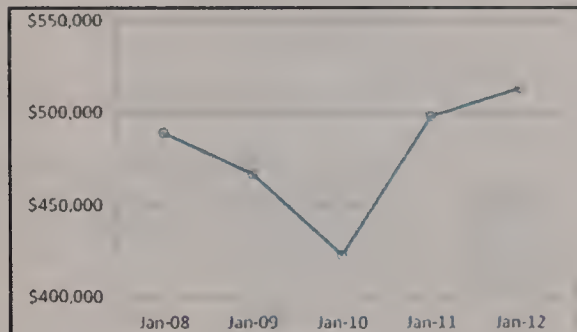
**房屋類型：**布魯克林同時有著城市和鄉村的感覺，這裡有公寓樓，紅磚房，單戶住宅，還有大型的維多利亞房屋。布魯克林的公寓是在戰後開發的，石磚公寓樓吸引了年輕的專業人員，寬敞的住宅則吸引了富裕的家庭。出租單元中53%是石磚公寓；25%是紅磚樓；17%是單戶住宅，其中多數是1間臥室或2間臥室。

**價格：**中檔的2居室在5月份的銷售價格為475,000美元，租賃價格為2,200美元。列舉一個例子：一個價值45萬美元的2居室，20%的首付為90,000美元。在4.5%的利率時，每月還款將是2,311.57美元。買比租賃價格稍貴，但要記住，在你納稅申報時，你將能夠扣除所有的房地產稅和按揭利息支付。

	購買	按揭	租賃
工作室	\$205,000	\$1,053.05	\$1,325
1居室	\$310,000	\$1,256.58	\$1,695
2居室	\$450,000	\$2,311.57	\$2,200

投資：

中檔二居室公寓售價



年份	房價
2008	\$ 489,000
2009	\$ 467,000
2010	\$ 423,000
2011	\$ 498,000
2012	\$ 513,000

讀者意見徵集：下一篇“夏季系列”，你希望有哪些容？請把你的問題用電話或電子郵件來告訴我。

Mildred Wong, City Central Realty, LLC持証地產代理人。電話：617-236-2020。電子郵件：mildred@citycentralre.com。Twitter：@GetRealwMildred。

## “夏季系列”第一篇：布魯克林

這個夏天，Mildred Wong將帶您一起探討波士頓最受歡迎的幾個地區的住房市場情況。每一篇文章將介紹一個地區的生活方式，房屋類型，購買與租賃對比，以及物業投資強度。

**優點：**布魯克林是一個富有魅力的地區。小小的公寓樓和寬敞的房屋給人一種愉悅的郊區的感覺。街道兩旁樹木蔥鬱，商店和餐廳近在咫尺，到市中心也是非常便利。

**缺點：**布魯克林很貴。在這裡要生活得舒適，需要錢。這裡不能隔夜停車。所以如果在這裡生活的話，還需要支付額外的停車位租金。如果在它附近的幾個區居住，同樣的費用你可以得到更多的空間和更好的質量。

布魯克林被很多人評價為最理想的城市和郊區生活結合體。它佔地6/8平方英里，在波士頓西部，接近主要的高校和醫院。它的獨特之處在於結合了繁華的街道和寧靜的景色，風情萬千。除此之外，還有很多公園和活動場坐落其中，MBTA的綠線也在這裡有很多站點。

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# BRA

## 波士頓重建局將召開關於 Parcel 24的聽證會

6月27日，星期三  
下午6：00至7：00

Old Quincy School,  
90 Tyler Street, Boston MA 02111

企劃籌辦單位：Aalan CDC/New Boston Fund

企劃說明：該企劃已通過在大樓內增添一些單位和移動一些設施，而對內部所進行的規劃與設施空間的輕微的修改。亦有在設計上的一些十分輕微的調整。此次會議是一個信息更新會議

波士頓重建局



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電郵：john.fitzgerald.bra@cityofboston.gov

Brian P. Golden  
行政主任/秘書



移民信息

親屬移民排期	全世界(包括港台)	中國大陸	印度	墨西哥	菲律賓
第一優先	2005年6月22日	2005年6月22日	2005年6月22日	1993年5月15日	1997年7月1日
第二優先 2A	2010年1月1日	2010年1月1日	2010年1月1日	2009年12月8日	2010年1月1日
第二優先 2B	2004年4月15日	2004年4月15日	2004年4月15日	1992年1月1日	2001年12月8日
第三優先	2002年4月1日	2002年4月1日	2002年4月1日	1993年1月15日	1992年7月22日
第四優先	2001年1月8日	2000年12月15日	2001年1月8日	1996年6月1日	1989年1月22日

親屬移民排期表

- 第一優先：美國公民的成年未婚子女
- 第二優先：2A永久居民的配偶及未成年子女
- 第三優先：公民的已婚子女
- 第四優先：公民的兄弟姊妹

職業移民排期	全世界(包括港台)	中國大陸	印度	墨西哥	菲律賓
第一優先	有名額	有名額	有名額	有名額	有名額
第二優先	有名額	U	U	有名額	有名額
第三優先	2006年6月8日	2005年8月8日	2002年9月15日	2006年6月8日	2006年5月22日
非技術勞工	2006年6月8日	2003年4月22日	2002年9月15日	2006年6月8日	2006年5月22日
第四優先	有名額	有名額	有名額	有名額	有名額
宗教工作者	有名額	有名額	有名額	有名額	有名額
第五優先	有名額	有名額	有名額	有名額	有名額

職業移民排期表

- 第一優先：傑出人才、研究人員、研究人員教授、
- 第二優先：跨國公司主管
- 第三優先：技術勞工及專業人士
- 第四優先：宗教工作者
- 第五優先：投資移民

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傳真：(617) 482-2316

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電話：(617) 426-9492  
分機206

排版：Kane Carpenter、張韻寧

美食專欄  
小熊熊火鍋城

在離喧囂的昆士中心一英里開外，一家中國餐廳為寧靜的周邊環境增添了一筆亮色。在這個大多是汽車零件店和雙戶住房的小區裏，小熊熊火鍋店（25 Copeland Street, Quincy, MA 02169）就像一顆珠寶鑲嵌其中，讓人欣喜。它每天營業到將近

半夜，為周遭居民帶來了便利。

但是使得這家餐廳在當地大受歡迎的最重要的原因，還是它的美食。我和我的女朋友在周末去了小熊熊火鍋城，他們提供二十五美元的自助火鍋套餐，想吃多少吃

多少。而且如果你點兩份的話，他們還會贈送一個大龍蝦。還有比這更好的事嗎？

在這個自助套餐裏，包括了一般火鍋店都有的牛肉，羊肉，豬肉以及雞肉等等。但是火鍋最重要的就是鍋底湯料了。小熊熊火鍋城的鍋底湯料非常棒。每款湯料都配有獨特的草藥和調料，很多都是你在頗受歡迎的波士頓市中心的火鍋連鎖店裏看不到的。

小熊熊火鍋城的氛圍也非常好。從來沒有在哪家餐廳感

覺到那麼自在過。想想也不奇怪，因為它是一個家庭擁有和運營的餐廳。這裡一般都很安靜，即使是在用餐高峰期，環境也很宜人。可以看得出，桌椅都是精心選購佈置的。這份誠意在他們的美食裏也一覽無餘。

另外值得一提的是，除了火鍋，他們也提供中餐外賣和送餐服務。這一點很重要，特別是在昆士的Copeland

Street，因為整個周邊一般過了晚上七點就會變得很安靜。

總的來說，你想要吃中國菜了，小熊熊火鍋絕對是一個很好的選擇。超棒的火鍋，不錯的外賣，宜人的用餐環境，這家昆士Copeland Street上的餐廳，不會讓你失望。找個時間去試試，你可能會發現昆士也讓人流連。

美中医学交流学会义诊团重现龙舟节

【本報牛江河報導】端午節賽龍舟現已逐漸成為一項普世認同的體育兼娛樂活動，在北美第一個龍舟節的起源地波士頓就更是有着廣泛的群眾參與。今年是龍年，龍年賽龍舟，查爾斯河畔想不熱鬧都不行。從美國其它州、加拿大以及麻州的約40個龍舟隊於6月10日这天在查爾斯河展開了熱鬧喜慶的競賽。

除了菲律賓民間舞蹈韓國傳統舞蹈表演，配合這一賽事的其它一系列業餘舉行的活動還有劍橋中國文化中心、大波士頓文協、波士頓胡演奏團、牛頓中文學校的中國鼓、腰鼓舞、武術、功夫、舞蹈、舞龍、日式太鼓打擊表演、中國民樂演奏，以及傳統手工製作、圍棋、美食攤位等。

美中医学交流学会今年也如往年一樣在今天最熱鬧人最多的地方擺出展點，進行义诊。這些身著白大褂的醫生們用他們的休息時間，報着回饋社會的心，自願以其精

深的專業知識為社區、公益、全民的健康以及健康意識作無償貢獻。同時也提高自身的義務奉獻意識、凝聚團隊合作、提升華裔社會形象和宣傳美中医学交流学会的服務宗旨。

內科是其團隊中最“強大”的一個組，有孔學君、楊薇、何香云、王林華、秦靜、紀永麗醫師，病人所諮詢的問題包括心臟疼痛要吃什麼藥，怎樣合理搭配心臟病藥，皮膚診斷，骨質增生，骨頭坏死，以及前列腺肥大等。婦產科的李小玉醫師詳細地為孕婦解釋諮詢，為中年婦女解答要不要服用雌激素，服用多少的問題。消化科謝國建醫師諮詢的病人訴說著胃疼，泛酸水，燒心等煩惱。腎臟科黃春美醫師解答著我這樣的腎要怎樣補的向。眼科張益林醫師為大人小孩諮詢，還分發眼藥水。牙科王國醫師也忙著為有牙齦出血、牙齦萎縮、牙疼的病人排忧解难。

藥劑師史菊芳和文國林則主

要是向病人解釋藥的用途，副作用以及利弊比較。中醫師陸卫尔，周安娜為病人号脈。按摩師孔學民為病人推拿。只要有要求，每個醫師都可以為病人量血壓，測血氧飽和度。神經科尹又醫師，營養學卡青寧博士除了答題，還主動承擔了為患者量血壓的重任。劉娟子，王品秋，劉樹柏，許洪志，周寧，譚淑娟，曹陽，丁靜等也作為自願者幫助分發最新刊物、宣傳資料以及介紹学会和醫生。

與以往不同的是今年還增加了心理諮詢，由牛江河博士主陣。一個72歲老太太的問題是她每天不可遏制地要反反覆覆地檢查家里的爐子和窗子关了沒有，柜子里和桌子下躲了人沒有，她自己都說我神經了呀。牛博士根據認知行為療法，對她進行了認知輔導，並給出了一條建議，老太太相當地滿意和高興，還又要了牛博士的電話，說要保持聯繫繼續諮詢。

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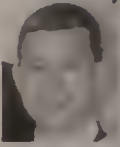
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Sampan Activities Page

Learn Chinese!

Chinese is a language with a wealth of history and many different dialects. About one-fifth of the world's population speaks some form of the Chinese language; however, mandarin, or Putonghua, is the standardized form of spoken Chinese in the country. Based on the Beijing dialect, spoken mandarin is romanized through the use of pinyin which uses the English alphabet to guide pronunciation. Spoken mandarin uses four tones which identify different meanings to words, despite the fact that their pinyin is the same. The goal of Sampan's Learn Chinese series is to introduce you to the world of the Chinese language through words and phrases that you may find useful.

我很餓

Wo Hen E - I'm very hungry

你要吃什么？

Ni Yao Chi Shen Me? - What Do You Want To Eat?

我要吃炒飯

Wo Yao Chi Chao Fan - I Want To Eat Fried Rice

Things to remember when learning Chinese: the letter "q" is pronounced as "ch", the letter "x" is pronounced as "sh", and the letter "c" sounds like "ts." The pronunciation for the letter "e" sounds like "uh" and the letter "o" sounds like "aw".

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8		9	6					3
	5		3					7

易

						4		
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		6						

難

SUDOKU

Coloring Page by Lillian Chan

ZIGGY  
MEATBALL  
STARDUST





# 糖尿病特刊

## 糖尿病前期：營養

### 什麼是糖尿病前期？

糖尿病前期指的是一個人的血糖水平高於正常，但低於2型糖尿病。有糖尿病前期的人更容易患上2型糖尿病，並可能已經有糖尿病的一些問題。

最近的研究表明，一些對身體的長期損害，尤其是對心臟和血液循環系統，可能已經在糖尿病前期產生。好消息是，有一些方法可以防止或延緩由糖尿病前期發展到2型糖尿病。

### 如何判斷，是否有糖尿病

Tufts Medical Center

糖尿病和糖尿病前期發生在所有年齡和種族的人，其中一些群體患病的風險較高。糖尿病在非洲裔美國人，拉美裔，印第安人，亞裔/太平洋島民，以及老年人口中比較常見。這意味著他們得糖尿病前期的風險也比較高。

- 醫生可以使用三種不同的測試，以確定是否有糖尿病前期：
- 糖化血紅蛋白測試（A1C）
  - 空腹血糖測試（FPG）
  - 口服糖耐量測試（OGTT）

這些測試測量所得的血糖水平，可以確定你是否有正常的新陳代謝，是否有糖尿病前期或糖尿病。

如果在空腹血糖測試后你的血糖水平異常，說明你有空腹血糖受損（IFG），如果在口服糖耐量測試后你的血糖水平異常，說明你有糖耐量受損（IGT）。兩者都為

糖尿病前期。

### 如何應對糖尿病前期？

糖尿病前期是一個嚴肅的健康狀況，可以治療。好消息是，在最近完成的糖尿病預防計劃（DPP）研究中得出結論，糖尿病前期的人，可以通過改變飲食和增加運動來防止轉變為2型糖尿病。他們甚至可以使他們的血糖水平回復到正常範圍。

該研究也表明，一些藥物可能可以延緩糖尿病的發展，但是控制飲食和運動則是最好的方法。每天只需30分鐘，進行適度的體力活動，並減少體重的7%，得糖尿病的可能性就會降低58%。

美國糖尿病協會正在準備材料，它們將有助於人們了解糖尿病前期的風險和如何防止進展為糖尿病，更甚至恢復到健康狀態。

- ❖ 食用大量的蔬菜和水果。挑選盡可能多顏色的種類來保證多樣性。
- ❖ 用餐時食用非澱粉類蔬菜如菠菜，胡蘿蔔，西蘭花或者青豆。
- ❖ 全穀物優於加工后的穀物。嘗試用糙米來搭配炒菜。或是用全麥意大利面來配你最喜歡的醬料。
- ❖ 在食譜中增加干豆類（如紅豆和黃豆）以及扁豆。
- ❖ 每週食用魚類兩到三次。
- ❖ 選擇肉類中的瘦肉部分，如豬里脊和牛里脊。雞和火雞去皮。
- ❖ 選擇不含脂肪的奶製品，如脫脂牛奶，脫脂酸奶和脫脂奶酪。
- ❖ 選擇水和零熱量“健宜飲料”，而不是普通汽水，果汁飲料，甜茶和其他含糖飲料。
- ❖ 選擇液體烹飪油而不是固體脂肪，後者含有高飽和脂肪酸和反式脂肪。請記住，脂肪含有高熱量。如果你想減肥，請注意飲食中脂肪的含量。
- ❖ 減少高熱量的零食和甜點的攝入，如薯片，餅乾，蛋糕和全脂冰淇淋。即使是健康食品，食用太多仍可導致體重增加。注意控制食物攝入量。

## 運動十大益處

- ❖ 提高血糖管理。運動使你的身體對胰島素更加敏感。運動還能燃燒葡萄糖（卡路里）。這兩點都有助於降低血糖。
- ❖ 降低血壓。運動讓你的心臟跳動更強勁，頻率降低。
- ❖ 改善血脂。運動可以提高好膽固醇（HDL），降低壞膽固醇（LDL）和甘油三酯。這些變化都有利心臟健康。
- ❖ 減少胰島素或糖尿病藥片的使用。運動可以降低血糖和體重。這些都可能降低你對胰島素或糖尿病藥片的需求。
- ❖ 減肥和保持體重。活動消耗熱量。如果你燃燒足夠的熱量，你可以減低幾磅。堅持運動可以保持體重。
- ❖ 降低其他健康問題的風險。減少心臟病發作，中風，一些癌症和骨質流失的風險。
- ❖ 精力更充沛，睡眠質量提高。你的睡眠時間需求減少，睡眠質量提高，也會有更多的精力。
- ❖ 減少壓力，焦慮和抑鬱。鍛煉或步行可以釋放每天的生活壓力。
- ❖ 強健骨骼和肌肉。負重活動，如散步，可以使骨骼更強壯。力量訓練活動，如舉啞鈴（甚至食物罐子），可以使肌肉更結實。
- ❖ 更加靈活。運動讓你行動更迅捷輕鬆。

服務變更

**T**

**MBTA 服務和收費變更**  
下列服務變更將於2012年7月1日生效。  
請訪問 [mbta.com](http://mbta.com) 或致電 (617) 222-3290、TTY (617) 222-5146，以在海運車前確定旅程路線。  
單程票價

票價

2012年7月1日生效

巴士	
取消的路線	43, 363, 500
取消的星期六服務	43, 52, 245, 451, 634
取消的星期日服務	13, 37/38, 245, 436
變更的服務	62, 217, 351, 354, 438, 441, 442, 451, 455, 455, 625, C13

通勤列車	
取消的週末服務	Kingston/Hyannis, Greenbush
取消的星期六服務	Northern

船	
取消的週末服務	Weekend Quincy-Lynn Service Eliminated October 1

綠線'E'	
週末服務變更	服務將止于 Brigham Circle

MATTAPAN線	
週末服務變更	服務頻率減少

1. "巴士 + 通勤火車" (Bus + Commuter Train) 票將取消。
2. 取消的巴士服務將由 TAP 2 替代。
3. 取消的巴士服務將由 TAP 2 替代。
4. 取消的巴士服務將由 TAP 2 替代。
5. 取消的巴士服務將由 TAP 2 替代。
6. 取消的巴士服務將由 TAP 2 替代。
7. 取消的巴士服務將由 TAP 2 替代。
8. 取消的巴士服務將由 TAP 2 替代。
9. 取消的巴士服務將由 TAP 2 替代。
10. 取消的巴士服務將由 TAP 2 替代。

CHARLIE CARD	
成人	
巴士快車	\$1.50
高捷交通	\$2.00
巴士+高捷交通1	\$2.00
內線快車	\$3.50
外線快車	\$5.00
老人/TAP2	
巴士快車	\$1.75
高捷交通	\$1.00
巴士+高捷交通1	\$1.00
通勤列車/渡輪	
學生	
巴士快車	\$1.75
高捷交通	\$1.00
巴士+高捷交通1	\$1.00

渡輪	
Hingham/Bolt/Quincy - 波士頓	\$8.00
波士頓 - Lynn	\$13.00
Hingham/Bolt/Quincy - Lynn	\$16.00
Charlestown - 波士頓	\$3.00

THE RIDE	
ADA 車費	\$4.00
普通車費	\$5.00

CHARLIE CARD 或	
成人	
巴士快車	\$2.00
高捷交通	\$2.50
巴士+高捷交通1	\$4.50
內線快車	\$4.50
外線快車	\$6.50

通勤火車		
	車站購買	車上購買
區域1 A	\$2.00	\$5.00
區域1	\$5.50	\$8.50
區域2	\$6.00	\$9.00
區域3	\$6.75	\$9.75
區域4	\$7.25	\$10.25
區域5	\$8.00	\$11.00
區域6	\$8.75	\$11.75
區域7	\$9.25	\$12.25
區域8	\$10.00	\$13.00
區域9	\$10.50	\$13.50
區域10	\$11.00	\$14.00
區域1	-	\$2.50
區域2	-	\$3.00
區域3	-	\$3.25
區域4	-	\$3.50
區域5	-	\$4.00
區域6	-	\$4.50
區域7	-	\$5.00
區域8	-	\$5.50
區域9	-	\$6.00

票價	
巴士快車月票	\$42.00
LinkPass 月票	\$70.00
老人/TAP	\$25.00
學生一週5日用月票	\$25.00
學生一週7日用月票	\$28.00
1日票	\$11.00
7日票	\$18.00
內線快車	\$110.00
外線快車	\$160.00

票價	
區域1 A	\$70.00
區域1	\$173.00
區域2	\$182.00
區域3	\$211.00
區域4	\$228.00
區域5	\$253.00
區域6	\$275.00
區域7	\$334.00
區域8	\$334.00
區域9	\$339.00
區域10	\$345.00
區域1	\$21.00
區域2	\$100.00
區域3	\$102.00
區域4	\$118.00
區域5	\$134.00
區域6	\$151.00
區域7	\$167.00
區域8	\$184.00
區域9	\$201.00
區域10	\$221.00



# 健身

## 準備活動

先做一些輕鬆的舒展拉伸活動，來放鬆身體。

在你開始鍛煉之前，有效地舒展你的肌肉是非常重要的。適當的伸展，可以增加你的柔韌性，減少肌肉拉傷的可能性。

按照下面這個簡單的程序，你可以在幾分鐘內變得靈活。緩慢的深呼吸，慢慢舒展，每個動作做10-20秒。不要過度舒展拉伸，以不感覺到疼痛為準。

1. 立式髖關節伸展  
從站立姿勢開始。左腳向前邁進一步。輕輕地彎曲左膝，與臀部同高，保持右腳後貼地，右膝不彎曲。換腳，重複。
2. 立式四分之一伸展  
站立，彎曲你的左腿，伸出手抓住你的左腳踝。把腳拉向臀部，同時另一只手撐在長凳或椅子上。換腳，重複。
3. 立式推牆運動  
站在離一個堅固的桿或牆面一臂長的距離。把手放在牆上，與肩同高，彎曲肘部，倚靠腳踝，當你感覺到腿部有輕微的壓力時，直立身體。
4. 立式小腿部拉伸  
站立，將一條腿向前伸，腳跟貼地，腳尖向上。保持背部挺直，身體向臀部彎曲，直到你覺得小腿肌肉得到舒展。換腳，重複。

當你完成運動后，為了防止不必要的僵硬和酸痛，重複以上整個序列。

## 運動的種類

一個全面的身體活動程序包括三種活動：

- 有氧運動
- 力量訓練
- 柔韌性訓練

要每天積極鍛煉，你也可以尋找其他的運動方式。下面是我們的一些建議，讓你每天都能夠保持活力。

## 有氧運動 力量訓練 日常運動

有氧運動能加速你的心率，鍛煉你的肌肉，並且提高你的呼吸率。對於大多數人來說，最好每天能做30分鐘有氧運動，每週至少5天。如果你有一段時間沒有運動習慣了，可以從每天5或10分鐘開始鍛煉。每個星期逐漸增加幾分鐘的活動量。

如果你的日程安排讓你無法直接進行30分鐘的鍛煉，你可以將其分解成幾次不小於10分鐘的鍛煉，能夠獲得同樣的健康益處。例如，你可以在每次餐後快走10分鐘進行鍛煉。

如果你想減肥，你可能需要每天超過30分鐘的活動量。

這裡是有氧運動的一些例子：

- 快走（室外或在跑步機上）
- 跳舞
- 參加有氧運動班
- 游泳或做水中有氧練習
- 滑冰或輪滑
- 打網球
- 騎自行車
- 室內固定自行車

力量訓練，每週2-3次，有助於強壯骨骼和肌肉。它使你更輕鬆地做一些日常瑣事，如拎菜。肌肉越多，即使在休息的時候，卡路里也燃燒得越快。力量訓練還可以幫助防止體重增加。這裡有一些做力量訓練的方法：

- 參加力量訓練班，包括重量，鬆緊帶或塑料管練習
- 在家做輕重量練習
- 做健美操

## 柔韌性練習

柔韌性練習，也稱為伸展，有利於保持關節靈活，使在做其他活動時可減少受傷的可能性。輕度的伸展為5至10分鐘，可以幫助你熱身和準備有氧活動，如散步或游泳。你的醫護人員可以提供你有關如何伸展的信息。

提高你的柔韌性：

- 參加含有柔韌性練習的有氧運動或健身班
- 做瑜伽或普拉提
- 在運動前後做舒展拉伸活動

除了正規的運動外，每天還有很多別的機會進行活動。任何活動都會消耗熱量。你越是走動，精力就越充沛。

以下是一些讓你每天更活躍的建議：

- 盡可能步行而不是開車
- 用走樓梯代替乘電梯
- 在花園裏修建枝葉，或者每天做些家務活
- 去商店時，把車停在停車場的盡頭，增加步行機會
- 走過超市的每一個走道
- 看電視時來回走動或做舒展運動
- 接電話時四處走動或上下樓梯
- 工作時，每小時起身一次，離開你的寫字臺，走動一圈



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- 24/7電話醫療諮詢
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“接受？”

昆士小學建立植物牆青 少年  
公民展演

走在大廳裏，  
你看到了什麼？  
他們究竟是誰，  
又或者他們想裝成誰？  
這裡是美國，你知道  
我們有所有不同的種  
群，  
但是不管在哪裏，  
你看到的都是相同的  
面孔。  
他們說我們是不同的  
但其實我們都一樣  
這不是假話，而是事實  
出生地好像一個遊戲。  
是社會，就像你看到  
的那樣  
讓我們彼此相像，  
我們聽他們說著什麼  
是錯的  
聽他們說著什麼是對  
的。  
緊身牛仔褲，寬鬆的  
帽衫，  
UGG和匡威，  
Mp3和iPod，  
還有亂七八糟的歌詞。  
我們穿一樣的衣服做一  
樣的事  
因為他們說這些是酷的，  
但是走在大街小巷又或  
是學校  
你複製我我複製你大家都一樣。  
這是怎麼了？  
怎樣特立獨行，怎樣做  
自己？  
不，我們只知道隨波  
逐流



六月十二日，星期二，下午一點到兩點，昆市小學為其校園美化工程“植物牆”的建成舉辦了開幕儀式。“植物牆”位於昆士小學橡樹街的停車場外，數百盆植物羅列其中，四周還設有環保長椅供公眾休息。作為環境工程的一部分，植物牆還將為昆士小學學生的地球科學課程提供幫助和支持。

打架，吵架，加咒罵。  
什麼是正常的，  
什麼是能被接受的？  
樂善好群沒有錯，  
但是我們的方式錯了。  
當你開始失去自我，  
為了成為另外一個人，  
你的整個人就變了  
因為你的真性情也開始  
消失了。

過不了多久，  
你甚至不記得自己是  
誰了，  
你像個影子，或像個  
隨從，  
你的生活可能很快就會  
傷痕累累。  
我是在提倡做個怪人  
嗎？  
或者鼓勵你不合群？

不，我只想讓你忠於  
自我  
快樂地接受自己  
嗨，我可沒騙你，  
我自己就是這樣做的  
我覺得是時候  
讓我們面對現實了。  
--Sharldine Desire  
10

6月4日晚，社會資本公司（Social Capital Inc.）美國軍團在沃本Boys and Girls俱樂部舉行了青少年公民展演。SCI美國軍團執行主任大衛·克勞利（David Crowley）作了開幕講話。他介紹了不同的青少年理事會團體，強調了青少年團體之間的協作和社區服務的重要性。

“SCI美國軍團青少年公民展演給了我一個機會，讓我介紹了AACA青少年理事會所做的工作。但更重要的是，它讓我看到了馬薩諸塞州其他青少年理事會所做的工作。” AACA青少年理事會聯席主席Eugene Szeto說道。

下午6:30到8:30，來

自林恩，多切斯特，福爾里弗，沃本和波士頓華埠的青少年理事會領導人們聚集在一起，討論他們參與的公民活動。這是一個極好的機會，青少年領袖們分享了他們在各自社區的參與公民活動的經歷。

“在青少年公民展演活動上，在我做完演講后，其他的青少年領導人們熱烈的向我致意，” Szeto說道。“我是AACA青少年理事會的唯一青少年代表，但是來自不同的青少年理事會成員，美國軍團的代表以及其他青少年，大家都非常友好。這次的經歷，真的讓我感受到了當面對一個共同關心的話題時，青少年們可以緊密地團結起來。”



現在，有人 載我去看醫生了。

參加 UnitedHealthcare® Senior Care Options (HMO SNP) 老人照護選擇計劃，您將獲安排一名個人護理管理人。您的個人護理管理人將助您協調您所需的服務，如赴醫生約診的交通，回答有關保持健康的問題等等。您的醫生、醫院、處方藥物承保和獨立生活支援，盡在一個簡單的計劃。

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現在稱為



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UnitedHealthcare Senior Care Options (UnitedHealthcare SCO) 是一項提供給 65 歲及以上人士的自願計劃。UnitedHealthcare SCO 是一項協調護理 計劃，附帶 Medicare Advantage 合約及 Commonwealth of Massachusetts Medicaid 計劃合約。本文提供的福利資訊僅是概述，而非全面的福利描述。聯絡有關計劃，瞭解更多資訊。

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